how to build MIGHTY MUSCLES

by REX ROGERS

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Introduction

FROM COVER TO COVER, this book, "How to Build Mighty Muscles," contains one great objective. It shows HOW you can experience the thrill of being vigorously strong and healthy. Unlike so many well-meaning books, it is not a mere assemblage of words, but a composite of practical body building courses that cannot fail to transform your body into a new exhilarating state of powerful energy if you conscientiously follow out the instructions.

Perhaps for the first time, you became acquainted with the fact that body building can be real fun . . . so fun-filling that you scarcely notice the passing of time. Training becomes something you will eagerly look forward to with a satisfying sensation of joy that mounts as you see the wonderful transformation of your body into a beautiful, streamlined machine of efficient, muscular symmetry. Things that are physically difficult for you today will be accomplished with a simple ease tomorrow. Pride will fill your heart as you see the husky muscles grow and ripple over your body in paths of power.

A new spontaneous energy will radiate from you in terms of endurance that will make the hardest day's work seem like a mild workout for you. Your newly created health-power will be reflected in the glow of your cheeks, the sparkle of your eyes, and the lilt of your springy step. The *fun* factor of my instruction readily becomes an essential part of your daily life. You will realize that life can be fun, and experience in full the fun of living it.

By following the fun-filling routine of my form of body building, you will realize that nothing gives so much for such little effort—and it's fun . . . the kind of fun you get a real kick out of! You can measure your results daily in competition with your friends. The pal, who before could handle you with ease, will get the surprise of his life as you handle him easier than he ever did you. The tricks of self-defense you learn will amaze them. Your strong body flexibility as you demonstrate Back Flips, Somersaults and Handstands will delight them. You will be the pride of the party at all times.

You will laugh at the sensation of strength as it courses through your veins. You will laugh and thrill at the thought of the new surprises your finely-developed, power-packed muscles have in store for your bewildered friends.

They will wonder how you got that way, but you will know as you practice these wonderful lessons of body building, self-defense and training tricks in sports. The secrets are unfolded simply to you in a pleasant way that will keep you looking forward with joy to every training period.

Nothing is more important today than a strong, sturdy, pliably-muscled body. Never were so many in need of this. The high pace of educational learning, occupational pursuits and industry is sapping the vitality out of the young and the grown-ups. Boys grow tall and stringy, or are underweight and nervous. Adults are "all in" at the end of their day's work. From too much school study, mental and industrial labor the bodies of young and old are laden with fatigue toxins. It takes the fun out of living. What to do is the thought in every mind.

This Health and Muscle Building System has helped thousands and will do the same for you. Care has been taken in the selection and arrangement of every exercise so you can get the best results in the shortest time. You will conclude every training practice with a new warm glow pervading your blood. You will begin to "feel" your muscles, and as they grow you will have a strong desire to do things with them.

Once you start you will not want to stop. *Don't stop!* It's fun to keep on going—to see yourself become a growing dynamo of manpower day by day. As long as you live you will never make an investment that can pay such handsome dividends as this book. Get busy today. Enjoy the fun of getting fit, and staying fit. Enjoy the fun of being "tops" in any company, and in any physical emergency.

Funfully yours for body building,

REX ROGERS

CHAPTER ONE

A Promise to You

Body building is as much a science as any other in human life. It is known by the name of kinesiology. The greatest body building scientists in the world have worked on its problems, testing every method from every angle on all types of people. These scientists have proven that you can develop the size, strength and agility of the muscles of your body. That you can add inches and weight to your muscles and you can actually and surely build mighty muscles.

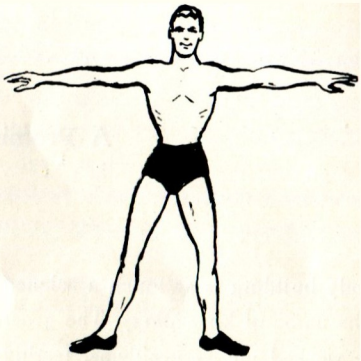
But you can make your dreams come true only by following faithfully and completely such muscle building practices which experience has proven to be the best. You cannot develop a strong, big-muscled body overnight. But you can do it—and you can see the gradual transformation of your body into a powerful machine of muscular symmetry and strength!

How to Start

The first group of exercises can be performed without any equipment. Especially, if this is your first effort at steady, conscientious physical training and muscle building. You will get sufficient value, growth and strength doing it this way.

With sensible exercise, anyone can improve his strength and staying powers. Start out gradually. In the entire course, there are three sets of exercises—the first series of "toning" or conditioning exercises to be done without any equipment; the next series of muscle building exercises to be done with dumb-bells; and the last series of powerful muscle building exercises to be performed with barbells. Do them a set at a time, according to your ability. Repeat each set of exercises until you begin to tire. Continue faithfully with this program.

Toning Exercise Number One



This is a basic "warm up" exercise. Stand with feet together, arms down at sides of body.

Jump, as shown in illustration, two feet apart and bring arms upward and sideward to shoulder level.

Return to beginning position. Do this for 12 times.

Toning Exercise Number Two

Stand with feet together, arms sideward at shoulder level, palms downward.

Bring arms backwards, as far as they can go, palms now upward (see illustration).

Return to beginning position. Do this for 16 times.

Toning Exercise Number Three

Stand with feet together, arms down at sides, chest high.

Bring the arms straight forward, shoulder level, palms downward.

Now bend your knees, and go down as far as you can in a squatting position (see illustration).

Return to beginning position. Do this for 12 times.

Toning Exercise Number Four

Stand with feet about 18 inches apart, chest high, arms sideward at shoulder level.

Bend forward and down so that the fingertips of left hand touch the toes of your right foot—keeping the right arm extended upward (see illustration).

Rise to beginning position.

Now alternate to other foot. Continue for 8 bends to right toe and 8 bends to left toe.

Toning Exercise Number Five

Sitting. Hands on hips, legs relaxed in front of body.

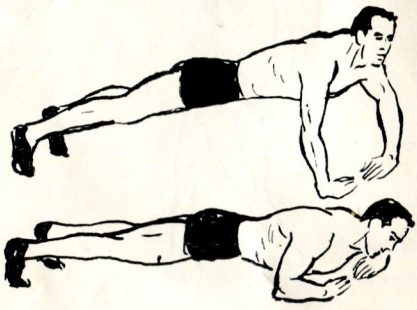
Lower back to floor, bringing arms up to vertical position on the floor. Swing arms forward and down and rise to a sitting position, with hands on hips.

The hard downward swing of arms helps to bring you up to a sitting position. Continue this for 16 counts.

Toning Exercise Number Six

Body lying down, almost but not touching the floor, being supported by toes and by arms, as in lower illustration. Push yourself upward, straightening arms to full length, but keeping palms on floor.

Return to beginning position. Do this exercise for 12 counts (or as many as you can, up to 12 times).

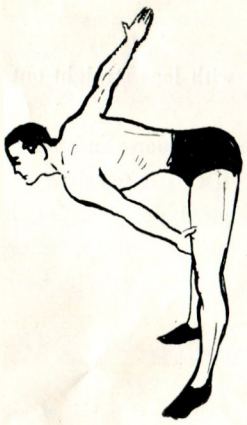


Toning Exercise Number Seven

Standing. Chest high. Arms on hips.

Bend trunk to left. Keep hands on hips.

Return trunk to beginning position. Continue for 12 counts to left, 12 counts to right.



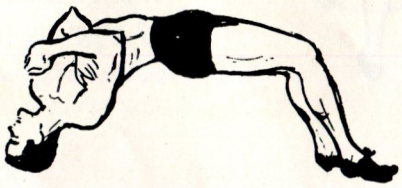
Toning Exercise Number Eight

Stand with feet about 18 inches apart, arms sideward at shoulder level, palms downward.

Bend trunk down to waist-high level, bring left arm down to touch right thigh, at same time push right arm as far back as you can at its shoulder level.

Return to original position. Alternate to other thigh—and continue for 8 bends to each side.

Toning Exercise Number Nine



At beginning position of this exercise, lie on back with legs straight out, arms lying loosely on chest.

Now, bring legs up, so that soles of feet are firm on floor—and raise entire body to rest on head and soles (see illustration). (If this is too difficult to do, rest body on soles and shoulders.) Return to original position. Do this for 12 counts.

CHAPTER TWO

Galvanic Dumb-bell Muscle Building Exercises

NOW THAT YOU have concluded your Constructive Toning Course, it is safe to say that you are ready to commence the more vigorous program of weight resistance with the use of weights.

There are many popular misconceptions in regard to the use of weights. A popular belief is that the more weight one uses the better the results. Nothing can be further from the truth. Only enough weight should be used for the muscle building purpose, which is gradually increased as your natural strength increases. Too much weight causes one to struggle with each exercise. Struggle is strain, and strain prevents one from breathing normally. When this happens, the organs are interfered with in the natural process, preventing them from doing their part in supplying the muscles with the essentials of energy and muscle building substance.

There is all the difference in the world between muscle building and strength lifting feats. Only when you are properly developed, may you safely do weight lifting stunts. For our purpose of muscle building, we supply the proper form of exercise in the correct order that permits no stress on muscle or organ, but harmoniously operates with both to build a powerful body packed with husky, energetic muscle.

The Value of Dumb-bell Exercise for Muscle Building

Dumb-bells are superior to any other apparatus for obtaining the best results in muscle building. The important reason is that you cannot use too much weight with these dumb-bell exercises. Dumb-bells also provide a greater range of exercise which prevents the muscles from falling into an habitual functioning groove. When this happens, progress in muscle building ceases.

How Much Weight Shall One Use?

This is always an important question which is seldom answered correctly.

For the purpose of building muscle—now understand this—it does not mean for anything else—we generally figure a person should begin with one quarter of his bodyweight. If you weigh 140 lbs. then the total weight of the two dumb-

bells should be approximately 35 lbs. This means each dumb-bell should weigh 17½ lbs. However, we advise you to commence with a 15-lb. or even 10-lb. dumb-bell in each hand, and increase the weight as each exercise advises.

The use of weights in the Galvanic Dumb-bell Muscle Building Course calls for a progressive increase of the weight on the bells when the limit of counts has been reached per exercise. Twelve repetitions are the limit of numbers advised for each of these eight dumb-bell exercises. The difference is the use of weight. Weight calls for less repetitions of exercise as well as for less time required for exercise.

But the great secret of keeping the muscles growing is that when you have reached the limit of numbers advised per exercise, you increase the weight of each dumb-bell 2½ lbs. and start the exercise all over again beginning with the original count of 6, and adding one repetition every third practice night until the count of 12 is reached again. This done, you again increase the weight of the bells by 2½ lbs. each, and start the exercise all over as before.

The best dumb-bells to use are the plate type, whereby you can increase the weight of the dumb-bells progressively as your strength increases, by simply adding more plates of the weight indicated in each exercise.

The idea of the increased weight is that when you have reached the limit of the count per exercise, you will have acquired so much new muscle and strength you are strong enough to repeat the exercise with more weight. This program is continued until you are satisfied that you have got enough results from the dumb-bell exercises to enable you to start in on the more vigorous, and progressive Galvanic Barbell Muscle Building Program.

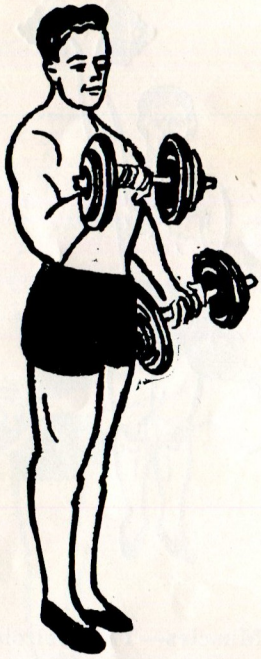
Option of Training

There are two methods whereby you can practice dumb-bell muscle building. You can practice every night or every other night.

The approved program is to practice every other night, which means to train on the following nights: Monday, Wednesday, Friday, Sunday, Tuesday, and so on.

From now on, you will practice every other night in the manner stated above and, in so doing, let us remind you again that the time element is not to be considered. Anything worth having is worth working for, in which case time becomes an insignificant factor.

Your time to practice is before retiring, no matter what hour of the day or night that may be.

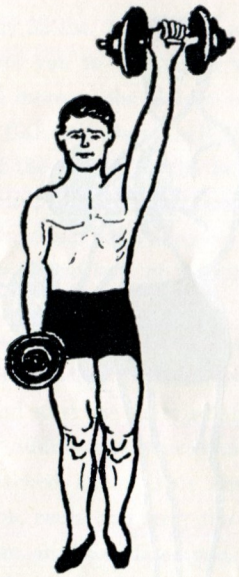


For the Upper Arms—the Biceps

Stand at attention with the arms hanging by the sides, holding a dumb-bell in each hand. Keep the back straight, and do not bend the legs at any time during the exercise. Keep the chin up, and you may space the feet apart if you wish. It is very important that the palms of the hands shall be held facing front, away from you, throughout the exercise. From this position, SLOWLY bend the right arm at the elbow raising the dumb-bell in a curling movement to the right shoulder. As the movement is completed, allow the dumb-bell to return SLOWLY to the original position, and then curl the dumb-bell in the left hand to the shoulder in the same manner as you did the right hand.

Breathe in and out evenly as these movements are performed alternately with each arm. Raise, or curl each hand to the shoulder six times, and add one repetition to each arm every third practice night, until you are performing the movement 12 times with each arm.

Curling the weight to the shoulder will develop the muscle on the front of the upper arm which is called the biceps. As the weight is lowered, the muscles on the back of the arm, known as the triceps, will also be developed.



For the Shoulder Muscles—The Deltoids and Trapezius

This exercise is a progression upon the last exercise performed. You keep the same position, with bells hanging by the sides, and alternately curl each bell to each shoulder, but this time you do not pause here. Instead, you immediately raise the weight to arm's length overhead. This done, you slowly lower the bell back to the shoulder and then down by the side, and immediately repeat the same movement with the other arm.

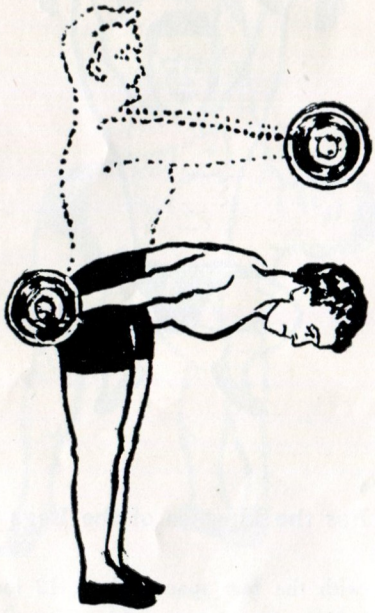
It is important that the movement of curling the bell to the shoulder and then overhead, be performed slowly. Also the lowering of the weight. In this manner is the most benefit gained.

Breathe in and out regularly throughout the exercise.

Do not allow the body to bend backwards, nor permit the knees to bend. They must be kept straight throughout the exercise.

Practice this movement 6 times with each arm, adding one repetition every third practice night until 12 counts are reached with each arm.

While this movement influences the arm muscles, it more definitely calls into action the muscle of the shoulders that cap the arm, known as the Deltoids, and the muscles across the shoulders at the back of the neck which are known as the Trapezius muscles.



For the Chest

Stand erect with the arms stretched out in front of the body, level with the shoulders, and feet spaced about eighteen inches apart. From this position, begin to breathe in and, as you do so, slowly bend forward at the waist allowing the arms to travel down, by the sides, and as far back as possible without bending the arms. As you breathe in, you will feel a tendency to draw in the abdomen. Encourage this act as it helps greatly the desired widening effect upon the diaphragm. As this act is finished slowly return to the original position, breathing out as you do so.

Practice this exercise 6 times with the first period, adding one repetition every third practice night until 12 movements are made.

For the Muscles of the Legs

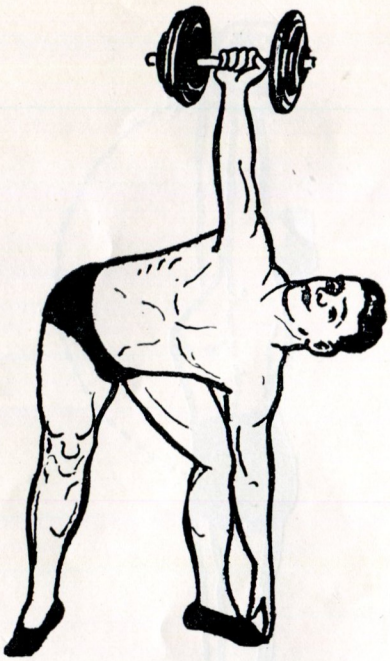
Stand at attention, with the feet spaced about 12 inches apart. Hold the dumb-bells at the shoulders. From this position, slowly raise both the bells simultaneously to arm's length overhead. As the arms begin to travel overhead, begin to bend the knees, and slowly lower your body as far as you can go until you are in a squatting position. Do not allow the heels to raise off the floor. Keep the feet flat with the floor during this exercise.

Breathe in as you perform this movement, and out as you return to the erect position. As you come erect, lower the bells to the shoulders so you will be in a position to repeat the exercise from the original position.

It is very important to realize that the bending movement of the legs must be simultaneous with the arm raising movement. In other words, the bells should be at arm's length overhead as you reach the limit of your legs squat.

Practice this exercise 6 times, and add one repetition every third practice night until 12 repetitions are reached.

The muscles mostly influenced in this exercise are those of the hips and of the thighs, even though the arms and back muscles are somewhat stimulated. The lifting action of the arms is created to cause more effort to be brought upon the leg muscles in this exercise.

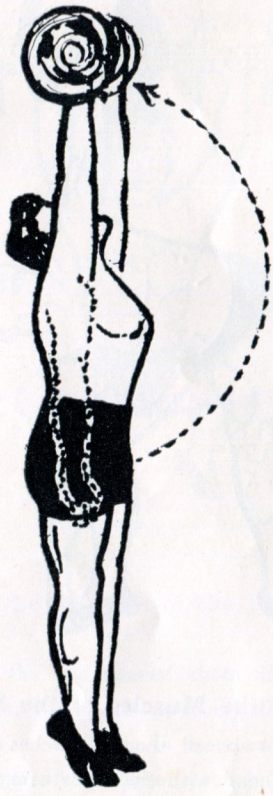


For the Muscles of the Sides

Stand erect with the feet spaced about 18 inches apart, and raise one dumb-bell to arm's length overhead with the right arm. No bell is required to be used in the left arm during this movement. As the bell is held in the right arm overhead, the left arm should be held out in a line level with the shoulder. From this position you are ready to go.

Breathe in slowly and, at the same time, slowly bend the left knee, bending the body over to the left side until the left hand touches the left foot. Throughout this movement, the dumb-bell must be kept at arm's length overhead, and the right leg straight. As the side bending movement is completed, you slowly return to the erect, original position breathing out as you do so.

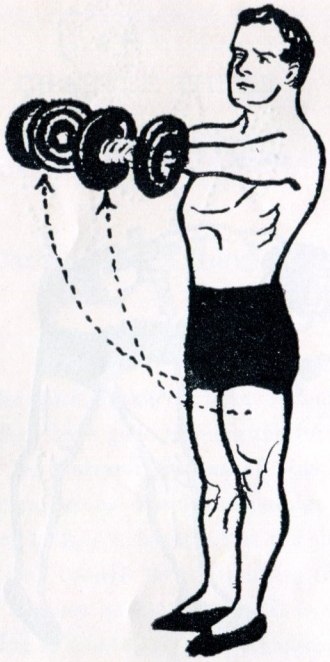
Practice this exercise 6 times to begin. When performed the stated six times, transfer the dumb-bell to the left hand, and repeat the movement six times. But this time bend over to the right side, in exactly the same manner as instructed in the first place. In this way both sides of the body are equally exercised. Every third practice night, add one repetition until 12 counts are made bending to each side. The muscles influenced are the external oblique muscles that form the structural sides of the body.



For the Chest and Back Area

Stand at attention with the arms by the sides and the feet spaced about eighteen inches apart. From this position, begin to breathe in slowly and, in tempo with the breathing, raise the arms straight up front to full arm's stretch overhead. As the arms begin to reach the overhead position, rise high on the toes and reach high with the hands to stimulate the muscular and breathing action. This done, return the arms slowly to the original position by the sides, and lower the body from the toes onto the feet, breathing out at the same time in tempo with the exhaling movement.

Perform this exercise 6 times to begin with, adding one repetition every third practice night until 12 counts are finally reached.



For the Forearm Muscles

For this exercise, you will probably find that the weight employed in the preceding exercise will be just about the right resistance.

Stand at attention with feet together, and the dumb-bells hanging by your sides. Turn the bells in the hands so that the palm of the hand is facing towards the body throughout the exercise. See that this position is never changed.

From the position stated, slowly raise the bells with straight arms in front of you until they are on a line level with the shoulders. Breathe in as you raise the bells, and as you lower them to the original position breathe out.

The exercise will be made easier and more effective on the forearm muscles if you turn the hand back on the wrist as you raise the bells.

Practice this exercise 6 times to begin with, adding one repetition every third practice night until 12 counts are finally made.

For the Abdomen and Small of the Back

This is a very good exercise covering two important muscular areas of the body.

Stand at attention with the feet spaced about 18 inches apart, and hold the dumb-bells at the shoulders. From this position begin to breathe in and, as you do so, slowly bend the body forward on the waist, until the body is bent at right angle with the hips. As you bend, see that the back is kept flat, the legs straight, and the bells held firmly at the shoulders. These positions must not be changed at any time during the exercise.

When you have reached the degree of bend as stated, begin to breathe out and at the same time slowly return the body to the original position.

Repeat this movement 6 times to begin with, adding one repetition every third practice night until 12 counts are finally made.

By keeping the back straight, the lumbar muscles that cover the small of the back are strongly influenced, as are the erector muscles of the abdomen in erecting the body from the bent over position.

CHAPTER THREE

Galvanic Barbell Muscle Building Exercises

BARBELL TRAINING is the most advanced form of muscle building. No one should attempt it before they have gone through the former courses of muscle building as explained in the Galvanic System of Muscle Building. It is not altogether a matter of having strong muscles to indulge in this splendid form of muscle building as much as it is to be sure that the sinews and ligaments of the muscles are really strong enough to safely share the resistance that this vigorous form of training imposes on the muscles. It is well understood that a beginner in muscle building is muscularly and organically quite deficient, but it is also known that his sinews and ligaments are much more under par because they have never been accustomed to the severe physical tests which they are capable of withstanding. Those who indulge in barbell practice too early, not only strain their muscles, but more quickly wrench a sinew or ligament. For these reasons, you can now better appreciate the careful attention we give to you, as well as to other practitioners of Galvanic Muscle Building, so that all may move ahead progressively, in absolute safety and assurance that nothing but lasting benefits will be enjoyed from the fine muscular development acquired.

Moreover, the previous courses have stimulated growth for your muscles, which means that now they are ready to receive the strength that barbell practice can give to them. It does more than that. It keeps them growing in both size and power in accordance with nature's approval.

In other words, you are now ready to give your body "the works," so to speak, to get that Herculean body of grace, symmetry and size you have always longed for and, by now, have got well under way.

A barbell is really a long-handled dumb-bell which you use with two hands. The best kind to use is the disc-loading type whereby you can keep adding extra weight to keep pace with your ever-increasing strength. The long bar permits more utility in performing exercise with greater weight than is possible with dumb-bells, or any other apparatus. For this reason, barbells are probably the most popular of training products. However, never let your enthusiasm for barbells mislead you into thinking you can start right away with them by discarding the previous Galvanic Courses. It is a very foolish person who does that. There is only one right way to do anything, and the right way for suc cessful muscle building is given to you herein, by the Galvanic System of Muscle Building.

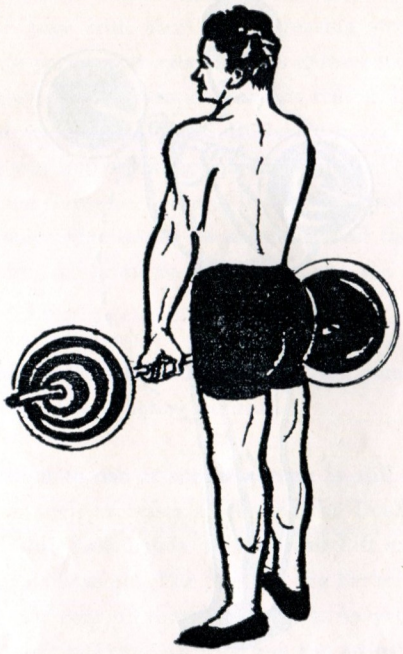
You practice barbell exercises the same as you did your dumb-bell course—every other night, and always before retiring.

The amount of weight to use at the beginning is still one quarter of your bodyweight, except in such exercises as termed the Dead Lifts, and pressing the barbell overhead with both hands. In the Dead Lift exercises, you can use a barbell half of your bodyweight. For pressing the barbell overhead with both hands, use about 35 per cent of your bodyweight. As your strength increases and you get to know your power in all lifts, you can adjust the weight to better suit your strength. However, never load your barbell to the point where an exercise becomes a struggle. Remember, you are still building your body, and are not in the sport of weight lifting. The latter is something else, and like all other sports, it involves skill in technique which you get from practice with experienced weight lifters. Never exercise beyond the point of feeling comfortably tired. To go further is to strain, and no matter what others may tell you, experience among the most expert teachers tells you that straining gets you nowhere fast.

For the Muscles of the Arms

Stand at attention with the feet spaced comfortably apart, hands holding the barbell at arm's length hanging across the thighs, and the palms of the hands turned up. From this position, begin to slowly curl the barbell to the shoulders by simply bending the arms at the elbow. Do not swing the barbell or allow the elbows to travel back in order to make the exercise easier. Do it right. Keep the elbows by the sides and curl the weight slowly, breathing in as you do so. Then, just as slowly, lower the barbell back to the original position, breathing out at the same time.

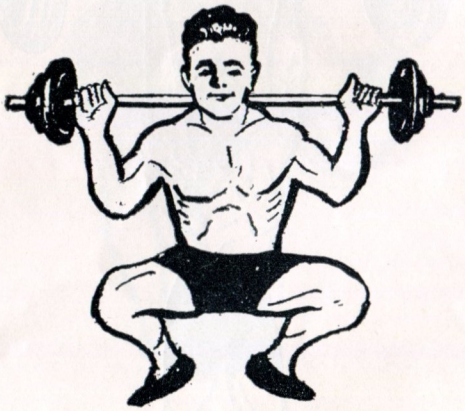
Practice this exercise six times to begin with, adding one repetition every third practice night until 12 movements are finally made. This number reached, add five lbs. to your barbell and start the exercise over with six repetitions, increasing the count in the same way as before.



For the Shoulder Muscles

This is a simple but very effective exercise for developing all of the shoulder muscles. Stand at attention with the barbell hanging in the hands at arm's length across the thighs. It does not matter how you grip the bar, whether the palms of the hands face in or out, as this is a pure shoulder movement.

From the position explained commence the exercise by simply raising the shoulders up towards the ears in a shoulder shrugging movement. This done, you lower the shoulders and repeat the movement 9 times in succession. You do not use any arm force at all. Just slowly shrug your shoulders as high as you can and you will feel your shoulder muscles work alright. Be sure to let your breathing be in tempo with your exercise movements. Add one repetition every third practice night until 18 counts are made, then increase the barbell by 5 lbs. and start over with six counts, increasing the movements as before.



For the Thigh Muscles

The thigh muscles are the largest and strongest in the body, and can handle a lot of weight once you get accustomed to this exercise. However, to begin with, load your barbell to about 35 per cent of your bodyweight. Lift it up over your head, and allow it to rest across the back of your neck, with the hands grasping the bar. Spread the feet about 18 inches apart, and from this position bend the knees, lowering your body as far as possible into a deep knee squatting position. You may not be able to squat very far at the beginning, but soon you will be able to squat until your buttocks touch your heels.

As you make the Deep Knee Bend, as this exercise is generally called, breathe in, and breathe out as you raise yourself to the erect, original position. Keep your feet flat on the floor throughout the exercise. Make it a flat foot, deep knee bend. Do not jerk the body to get a start when arising from the squatting position. Use your leg strength and come up slowly.

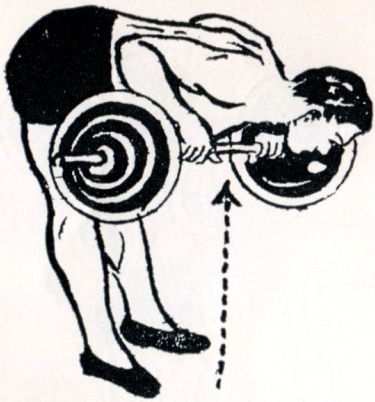
Practice this exercise 12 times to begin with and add one repetition every third practice night, until 24 counts are made. This limit reached, add 10 lbs. to your barbell and start over with 12 squats, increasing the movements in the same order as before.

For the Back and Arm Triceps Muscles

Use about 35 per cent of your bodyweight to begin this exercise. Lift the barbell to the shoulders employing the regular grip which means with the palms of the hands turned toward your body as you grasp the barbell on the floor.

Hold the barbell at the shoulders and stand with feet spread a little apart, elbows held rather high in front of you. From this position begin to breathe in, and very slowly begin to raise the barbell to arm's length overhead with the strength of the arms only. Do not lean back, and do not bend the knees, nor allow the heels of the feet to leave the floor. Raise the weight to full arm's length overhead, pause briefly, then slowly lower the barbell to the shoulders, breathing out as you do so.

Practice this exercise 9 times to begin with, adding one repetition every third practice night until 18 counts are finally made. This achieved, add 5 lbs. to the barbell and start over with six counts, increasing the repetitions in the same manner as described in the first place.

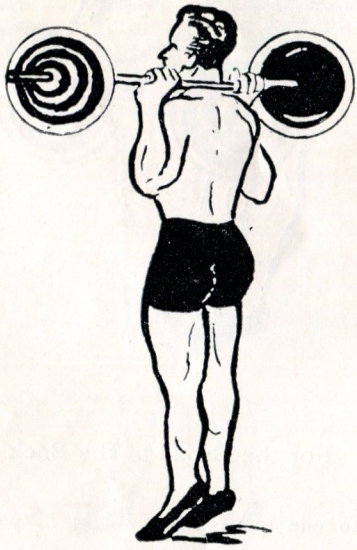


For the Broad of the Back

Load the barbell to one quarter the weight of your body, and place it lengthwise across the feet. Stand with the feet spaced widely apart. Bend over and grasp the bar with the natural grip, and lift the barbell about two inches off the floor so that the weight is hanging by the arms. Keep the back flat at all times in this exercise, and allow the weight to hang so completely in the arms, you can feel the drag on the shoulders. This is your commencing position. Begin to breathe in and at the same time, without straightening your body from the bent-over position, lift the barbell towards the body slowly until the bar touches the chest. As the bar approaches the body let the elbows turn out sideways until they are almost in a line with your shoulders. Do not bend your knees, or heave on the weight, nor raise the body or bend the back at any time during this exercise. If you do, you lose the exercise value. It is a corking good exercise that will widen your shoulders and your chest to a surprising degree.

As you lower the weight to the original position, breathe out, but never let the barbell touch the floor. It should be kept off the floor about two inches.

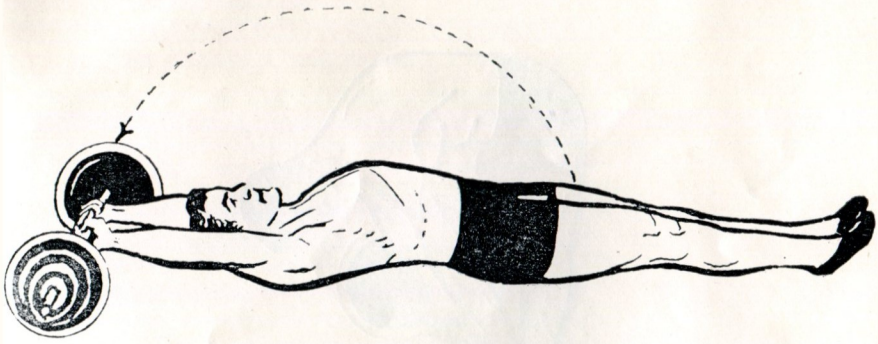
Practice this exercise to begin with 9 times, adding one repetition every third practice night until 18 counts are finally made. Add 5 lbs. to your barbell and start the exercise over again with the original 6 counts, increasing the repetitions in the same order as before.



For the Calf Muscles

Load the barbell to about 35 per cent of your bodyweight and place it across your shoulders the same as you did in the Deep Knee Bend. From this position, raise your bodyweight slowly up onto the balls of your feet, as high onto your toes as you possibly can, and just as slowly lower them to the floor again. In this manner, raise your bodyweight onto your toes 18 times to begin with, adding one repetition every third practice night until you are doing the movement 36 times. At the conclusion of the exercise, walk around your room on your toes with stiff legs as a final workout.

When you have reached the limit of 36 counts add 10 lbs. to the barbell and start the exercise over with 18 counts increasing the repetitions in the original manner described.



For the Chest

This exercise is called the Two Arms Pull Over, and not much weight can be used in this exercise. Try it first with 25 lbs. If that is too much, cut it down to whatever weight you can comfortably handle.

Lay prone on your back on the floor with the barbell pushed away to full arm's length behind the head. Grasp the bar in the natural manner, with the palms of the hands facing up. From this position, take a deep breath and, with straight arms, raise the barbell off the floor in a circular movement until it is held at arm's length above the face. As you lift, you will feel a strong pull on your chest that will be inclined to raise your back off the floor. Fight this by forcing the small of your back to the floor as much as possible. This effort is what will make your chest box expand over all its depth spaces to the limit.

Take a breath while the barbell is held over your face at arm's length, then slowly lower it behind the head with straight arms to the original position. Do not hold your breath at any time during this exercise. Keep breathing in the natural way.

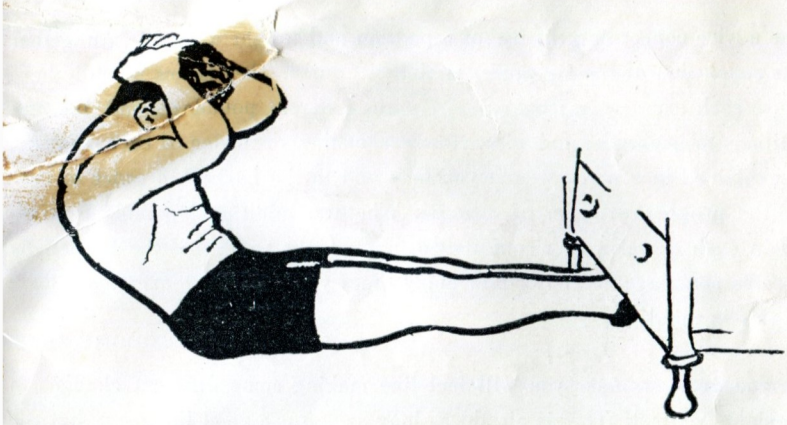
Practice this exercise to begin with 9 times, adding one repetition every third practice night until 18 counts are finally made, then add 2½ lbs. to the barbell and start the exercise over with 9 counts, increasing the repetitions in the same order as before.

For All the Body Muscles

In this exercise, you can easily begin with using half of your bodyweight on the barbell. It is what we call the Two Hands Dead Lift, and will make every muscle in your body work, especially as you progress with the exercise.

Place the feet together and, while holding the legs rigid, bend over and grasp the barbell with both hands, then very slowly come erect with the weight in the hands. Raise yourself erect only with your back. Do not use your arms to lift, and do not bend the knees at any time during the exercise. Breathe in as you lift the weight off the floor, and breathe out as you lower it back onto the floor.

Practice this exercise 12 times to begin with, adding one repetition every third practice night until 24 counts are made. This limit reached, add 10 lbs. to the barbell and start over with the original count of 12, increasing the repetitions in the same order as described before.



For the Abdominal Muscles

You will not be able to handle much weight in this exercise. In fact, at first it might be wise for you to try it a few times without any weight until you get the feel of the exercise. When you do begin to use the weight you will probably not use more than 25 lbs. to start with, if that. But use your good judgment on this.

Sit on the floor with the barbell held across the back of your neck, and your feet hitched under the bed rail or any immovable object. From this position slowly lower yourself backwards onto the floor holding tightly to the barbell with both hands. Breathe out as you lower yourself, and breathe in as you raise yourself back into the sitting position. Keep your back rounded as much as possible to make the abdominal muscles do all the work. Keep your legs straight, and do not jerk your body to get a start off the floor. Do it all with pure strength.

IMPORTANT NOTICE

The advice concerning the use of repetition and weight was given altogether at the conclusion of the Galvanic Dumb-bell Course. That is not possible here because each exercise in most cases requires different poundage, and different repetitions to begin and end with. However, at the conclusion of each exercise, it is explained how much weight you may add to the barbell in order to continue the progressive order of exercise. Whatever additional poundage is advised in each exercise, you continue to increase the weight of the barbell by that same poundage no matter how many times you repeat the exercise. Please bear this in mind.

As you grow stronger you will feel like making some different changes in the weights yourself. That is alright as long as you use good judgment, but the poundages given herein are safe, therefore, you need not hesitate to continue to practice the course progressively in the manner advised.

It should be brought to your attention that barbell training involves group muscles more than does any other form of weight training. For this reason, as one becomes accustomed to barbell training, he can use more weight, simply because stronger muscular force is always in action.

When you conclude your exercise you should take a shower, or body sponge in order to wash the perspiration and toxin exuded through the pores, off the body. Massage your muscles well by either squeezing them gently or briskly rubbing the hands over as much of the body as you can reach. For other parts of the body, you can use a rough Turkish towel to give yourself a brisk dry rub-down.